

NEWS FOR ALL SEASONS



Starting on May 14th, Come join our new ROAM (remote older adult monitoring) Program. A technician will be available on Mondays and Wednesdays from 10:30am to 12:30pm to take your vitals, blood pressure, pulse-ox and weight. This will be shared on a HIP-PA compliant blue tooth server software program. A nurse will review this data and help you self-manage your chronic health conditions. This is a great way to have help monitoring your health to keep you active and vital in your community. This is a grant funded program provided by the United Way of Lackawanna and Wayne Counties. This program has been running in Lackawanna County for two years and we are proud to bring this to Wayne County seniors as well. This program has helped seniors manage their health conditions better, reduced emergency room visits and hospitalizations. Join this free health program today!



No advance registration needed. Any questions give me a call @ 570-253-4262.

Mary Ursich, MSW, Administrator, Wayne County Area Agency on Aging

Pennsylvania Department of Aging (PDA) MindMatters Video Lectures

Produced by WTTF (a public television station located in Central Pennsylvania) and funded by the PDA, MindMatters offers professional programming at no cost to senior community centers across Pennsylvania. The following is just a sample of the wide range of topics available. Videos run between 30 and 45 minutes. For any questions, or to request a showing at the center, please call Suzanne at 570-253-5540.

- *Cooking for One or Two
- *The Science of Dreams
- *Experiencing the Hubble (Telescope)
- *Gardening and Planting
- *Exercise is Medicine
- *The Great War and the 21st Century
- *Who Were the Holocaust Rescuers
- *Food Glorious Food: Satisfaction without the Guilt
- *HEDY! The Life and Inventions of Hedy Lamarr
- *Elizabeth Cady Stanton & The Women's Movement
- *Down by the Depot: The Railroad Museum of Pennsylvania
- *Jim Thorpe and his Impact on PA Native Americans
- *Optical Illusions: A Look at How the Human Eye Works
- *Shackleton's Antarctic Adventure: The Greatest Survival Story of all Time



MAY

Monday

Tuesday

Wednesday

Thursday

Friday

1 Open Face Hot Roast Beef Sandwich on WG Bread with Gravy
Fluffy Whipped Potatoes
Blistered Beets
Warm, chunky applesauce



2 Ham and Potato Casserole
Snappy Green Beans
WG roll with Butter
Gigglin grapes
HB: Chunky fruit cocktail

3 Oven Roasted Chicken Legs
Whipped sweet potatoes
Spring Mix
Cherry Tomatoes
Shredded Carrots/Dressing
HB: Wild Wax Beans
WG Biscuit/Butter
Pink Grapefruit slices



4 Cinco De Mao
Taco Soup
Chicken Enchilada Casserole
Shredded lettuce
Salsa
Refried Beans
Grilled Plantains

7 Pulled Pork on a WG Pretzel Bun
Broccoli Salad
Sweet Potato French Fries
Seasonal Melon Slice
HB: Chilled peaches

8 Chicken smothered in mushrooms
Fluffy Brown Rice
Roasted Brussel Sprouts
Spring Mix
Cherry Tomatoes
Shredded Carrots
HB: Roasted Carrots
Gigglin Grapes
HB: Chilled Pears

9 Tuna salad in a WG Pita Pocket
Romaine Salad
Thinly sliced tomatoes
Pickled Beets
Beaming Bananas
HB: Potato Encrusted Pollock
Roasted Potatoes
Capri Veggies
WG roll/butter
Mandarin Orange Slices

10 Beef Burgundy with WG Noodles
Wild Wax Beans
Carrot Salad
Black Plums
HB: Chilled Pineapple



11 Mother's Day Luncheon/Kentucky Derby
Mint Juleps'
Chicken Cordon Bleu
Twice Baked Potatoes
Grilled asparagus/lemon sauce
WG Ciabatta rolls/butter
Fresh strawberries/shortcake and whipped cream

14 Lemon Pepper Fish
Parslied Buttered Potatoes
Roasted zucchini and summer squash
WG Breadstick
Chilled apricots



15 ELECTION DAY
Bipartisan Beef Tater Tot Casserole
Checks and Balances Crisp Spring Mix
Cherry Tomatoes
Shredded Carrots
HB: Wild card wax beans
Red tape rye bread
Conventional chilled pears
Inside the beltway, Red, white and blue jello with whipped cream



16 Ginger Chicken Breasts
Baked Sweet Potato
Broccoli Casserole
WG Roll/butter
Black Plums

17 Sweet and sour pork Cantonese
Fluffy Brown Rice
Sugar Snap peas
Marinated Vegetable Salad
Chilled pineapple

18 Open Face Hot turkey sandwich on WG bread with gravy
Fluffy whipped potatoes
Luscious lima beans
Cranberry sauce
Neat nectarines
HB: Chilled peaches

21 WG Deep dish pizza
Broccoli Salad
HB: Roasted broccoli
Garden Sweet peas
Spring mix
½ Hard Boiled Egg
HB: Chilled pears
Seasonal melon slice

22 Mediterranean Fish
Baked Potatoes/Butter
French style green beans
WG: Garlic Bread
Pink Grapefruit slices

23 Boneless pork chop/natural juices
Smashed sweet potatoes
Blistered beets
WG roll/butter
Chilled applesauce

24 Turkey Tetrazzini
Roasted Brussel Sprouts
Spring Mix
Shredded carrots
Garbanzo Beans
HB: Managers' choice of a cooked veggie
Gigglin Grapes
HB: Chilled peaches

25 Memorial Day Celebration
Hamburger or Cheeseburger on a WG Pretzel Roll
Bed of Romaine Lettuce
Red onion slices
Ruby Rich tomato slices
Pasta Salad
Baked Beans (both)
Sweet Kernel Corn(both)
Fresh strawberries and blueberries/whipped cream

28 The Center is Closed!



29 Chicken Marsala
Roasted Fingerling potatoes
Italian Green Beans
WG Ciabatta Rolls/butter
Seasonal melon slice
HB: Fruit cocktail

30 Mediterranean Meatloaf
Smashed potatoes
Roasted butternut squash
WG Breadstick
Chilled applesauce

31 Italian Meatballs/Side of Marinara Sauce
Spring Mix
Shredded Carrots
Italian Dressing
HB: Sugar snap peas
Black Plums
HB: Chilled Pears
Vegetarian Lasagna



Ice Cold Milk



MAY CENTER ACTIVITIES



 ☆ **ALL CENTERS CLOSED – MONDAY, MAY 28 – MEMORIAL DAY** ☆

Everyday at The Hawley Center

<u>Monday</u> Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong	<u>Tuesday</u> Cards & Games 8-3 Gym Equipment 1 - 2 Bingo	<u>Wednesday</u> Cards & Games 8-3 Gym Equipment 10 - 12 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi 5:30 – 8:30 Mah Jong	<u>Thursday</u> Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club	<u>Friday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise
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Everyday at The Honesdale Center

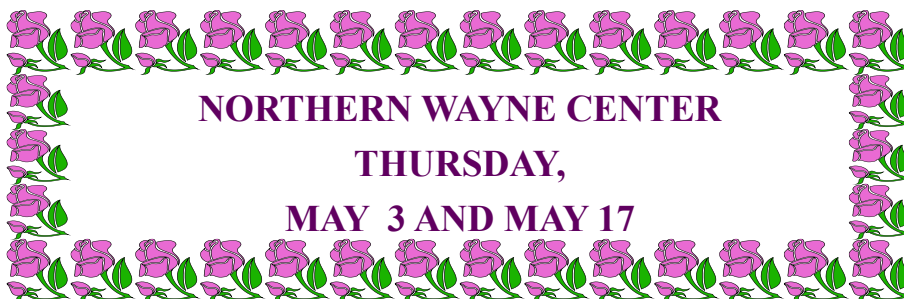
CAREGIVER'S SUPPORT GROUP - WEDNESDAY, MAY 9 – 1:30 pm





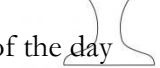











<u>Monday</u> 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 12-2 Advanced Class Line Dancing 2-4 Beginning / Intermediate Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00-4:00 Pinochle 	<u>Wednesday</u> 10:30 Exercise 10:30 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:00 Mah Jong 3:00 Jazz Dancing	<u>Thursday</u> 10:00 Games 1:00 Cards	<u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1-3 Memoir Writing Group (1 st & 3 rd)
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Everyday at The Hamlin Center

<u>Monday</u> Cards & Games 8:00-12 Pinochle 10:00 Chair Yoga	<u>Tuesday</u> Cards & Games 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise 1:00 Sing-Along	<u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts	<u>Friday</u> Cards & Games 10:00 Bingo
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 A la carte Menu	1) Soup of the day  Rachael sandwich	2) Cheese burger and French fries	3) Soup of the day Chicken Caesar salad	4) Pizza By the slice 
7) Chicken, cranberry, feta, and apple salad 	8) Soup of the day  Buffalo chicken wrap (chicken, celery, blue cheese, wing sauce)	9) Rueben sandwich 	10) Soup of the day Turkey melt	11) Broccoli & cheddar quiche Ham & cheddar cheese quiche
14) Soup of the day Chicken oriental salad 	15) Election day Soup of the day Hot ham on a roll <u>Served in packing room</u> 	16) Soup of the day Stuffed shells w garlic bread	17) Soup of the day Tuna wrap 	18) Soup of the day Crisp chicken sandwich with lettuce/tomatoes
21) Cheesesteak wrap (roast beef, cheese, onions, peppers & mushrooms) 	22) Soup of the day  BLT sandwich	23) Cheeseburger wrap (burger, cheese, lettuce, onion, thousand island dressing)	24) Soup of the day Turkey, bacon, ranch wrap	25) Cobb salad 
28) Closed for Memorial Day	29) Tomato soup Grilled cheese sandwich 	30) Rueben wrap	31) Soup of the day Chicken fajitas	

NORTHERN WAYNE HAPPENINGS

On April 5, Easter was celebrated and Mary Ann Corey of Bloom Gifts in Honesdale came and taught the group how to make beaded jewelry.

On April 19, a Wayne Memorial Hospital representative gave an informative talk about Parkinson's disease. We celebrated Earth Day with a game that focused on environmental education.

On May 3, USA Wellness will visit and do special bingo games with fun prizes.

On May 17, Jo Ann Pesota, Wayne County dietitian will speak about the importance of good nutrition. Please Call Marie for reservations at 570-253-5540.

Managing Diabetes Classes

Diabetes Management classes at Wayne Memorial Hospital. Three sessions: May 2, 9 and 16 from 5:30pm – 7:30pm. Covers basics, menu planning, label reading, preventing problems, glucose monitoring, exercise benefits. Registration required. \$50 fee. One support person can come for free. Financial assistance is available. Contact WMH Nutrition Services at 570.253.8158.

HONESDALE NEWS

March 31, 2018 – Easter Party

The Honesdale seniors were lucky enough to get a visit from the Easter Bunny! The Bunny had many raffle prizes to distribute to party guests who enjoyed a delicious ham dinner followed by coconut cream pie.



April 18, 2018 – Italian Day

It was a delicious Italian feast of chicken Tuscan, risotto, Italian ice & grape juice cocktail enjoyed to the sounds of Dean Martin & Italian songs.



May 4, 2018 – Birthday Friday

Are you a May baby? Come to the center and join in the birthday celebration for all those born in May. Cake will be served. Remember, Birthday Friday is always celebrated the first Friday of every month.

May 8, 2018 – “Walk with Ease” Program Begins

The Honesdale center begins a Walk with Ease program on May 8, running twice a week for six weeks on Tuesdays and Fridays each week at 1:00 p.m. The program is sponsored by the National Arthritis Foundation. Benefits of partaking in the program include: diminished pain, reduced falls, and improved balance. Meet at the center for travel as a group at 1:00 pm. to Central Park, Honesdale. The facilitator is staff member Marie Alexander, a certified Walk with Ease program instructor. Please call Marie at 570-253-5540 to reserve your spot. Walks take place on these dates: May 8, May 11, May 15, May 18, May 22 and May 25. Take advantage of the warmer temps while improving your health!

May 12, 2018 – Celebrating Mothers and the Kentucky Derby.

Mother's Day will be celebrated with chicken cordon bleu, strawberry shortcake as well as favors and door prizes. Ladies—come in your favorite hat as we honor the run for the roses (Kentucky Derby) too. Call Kathy at 570-253-5540 for reservations.



May 21, 2018 – Canning Jar Terrarium Craft

The 1:00 PM craft group will meet this date due to the holiday closing on May 28. Plant terrariums will be assembled in canning jars. Free—all supplies provided. Please call Suzanne Putzi at 253-5540 to reserve a spot.

May 23, 2018 – Andy Anderson Returns

Plan to arrive early for lunch to enjoy playing and singing by the talented Andy Anderson. Call Kathy at 570-253-5540 for lunch reservations.

May 28, 2018 – The Center is closed for Memorial Day observance.



HAMLIN HAPPENINGS

Spring Fling Concert at Camp LaDore

Camp LaDore hosted a special concert that included choral groups, brass/orchestra ensemble and trembles from the Pennsylvania/Delaware Salvation Army Districts as well as the Ohio district.

A group of us from the Hamlin Senior Center on Saturday, April 7th attended the event and can actually say we were blessed for going. The talent of trembles, which are tambourines with colorful ribbons correlating with the song themes, was new and entertaining to us! A senior said we should have a tremble group and throw tambourines as we dance. Never say never!

The instrumentalists and chorus groups were talented and sang non-traditional contemporary worship songs along with songs like "What the World Needs Now".

Following the event we went to the Gravity Inn for Dinner. The food was great and the company was even better. It was a beautiful evening and I was very grateful to be part of it.

Becky Klepadlo



Easter Egg Coloring Craft

The seniors at Hamlin had a great time decorating eggs for the Easter Egg decorating contest set for the Easter Party that was taking place the following day. A small group assembled and shared their creativity along with assisting others who needed a little help. Alek S. was the professional egg boiler. Judy S. and MaryAnn V. made sure the eggs were dry and that the egg dye was set up correctly. We had a great time and reminisced about time with our children and our own childhoods. Thank you to all of you that made it a joyous and memorable activity.

The 12 Benefits of Tai Chi for Seniors

The benefits of Tai Chi for seniors are incredible. If you are looking for a low-impact, relaxing form of exercise that only requires about 20 minutes a day and rewards your efforts, Tai Chi is for you. Tai Chi is an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects, integrated into movement.

Benefits:

1. Relieves physical effects of stress
2. Promotes deep breathing
3. Reduces bone loss in menopausal women
4. Improves lower body and leg strength
5. Helps with arthritis pain
6. Reduces blood pressure
7. Requires mind & body integration through mental imagery
8. Accumulates energy by releasing endorphins rather than depleting it
9. Enhances mental capacity and concentration
10. Improves balance and stability by strengthening ankles & knees
11. Promotes faster recovery from strokes & heart attacks
12. Improves conditions of Alzheimer's, Multiple Sclerosis, & Parkinson's

Submitted by Becky Klepadlo

Written by: Ryan Malone/Inside Eldercare



HAMLIN UPCOMING EVENTS

Bring in your Mother's Day photos of your mom's
to post on Memorandum board!

Tuesdays, May 8th – July 3rd FREE TAI CHI facilitated by Michael Liuz-

zo 10:30 – 11:30 AM (helps combat arthritis pain)

Friday, May 11th – Bingo at special time – 10 AM

Friday, May 11th Mother's Day Celebration and Kentucky Derby Hat Contest at 1:00 PM. Enjoy special Mother's Day delights and pick out your favorite hats!

Tuesday, May 15th – ELECTION DAY – Center Closed

May 17th DIY Project Terrarium Jars @ 10 am. **RSVP by May 11**

Friday, May 18th – May Birthday Bash at 1:00 PM

Friday, May 25th – Memorial Day Party at 11:00 AM. Wear your Red, White & Blue! Patriotic Sing-Along with Becky!



Easter Party

The Hamlin Easter Party was held on Wednesday, April 28th. We enjoyed the music of Andy Anderson, played the Easter Egg cracking game and voted on our favorite decorated eggs. MaryAnn V. and Sue G. had a tie and both one first place. A big thank you goes out to Amy C. and her kitchen team for our wonderful Easter lunch! . . . Becky K.



Tai Chi for Arthritis – Eight Week Program Begins - FREE

Wayne County Area on Aging, in concert with Dr. Paul Lam of Tai Chi Arthritis for Arthritis and Health Institute brings Tai Chi for Arthritis to the Hamlin senior center. Dr. Lam is recognized worldwide for his accomplishments. Dr. Lam, with a team of medical and Tai Chi experts, created this proven safe and easy-to-learn program. Promoted by the American Arthritis Foundation, medical studies confirm Tai Chi for Arthritis relieves pain, reduces falls, and improves balance and quality of life. Contact Becky at the Hamlin center for more information & to register at 570-689-3766.

The free program will be held at the Hamlin Senior Center on Tuesdays from 10:30 to 11:30 am. Dates are as follows: May 8, May 15, May 22, May 29, June 5, June 12, June 19 and June 26. The instructor is Sifu Mike Liuzzo, a 40-year practitioner in the arts, certified by Dr. Lam.

Hamlin Heights

Affordable housing for Individuals 62 and older



Hamlin Heights is located in beautiful Lake Ariel, Pennsylvania. This stunning new complex is a short distance to town. The pharmacy, public library, grocery store, and medical center are all less than a mile away!

NOW LEASING!

(570) 251-1690

SMOKE FREE COMMUNITY

Are you income eligible?

1 Person	2 Person	3 Person	4 Person
\$25,860	\$29,520	\$33,240	\$36,900

Annual gross income must be below the amount listed for the number of individuals in your household.

MONARCH
Management
Group, Inc.



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- ☐ 1 & 2 Bedrooms
- ☐ Accessible Units
- ☐ Community Room
- ☐ On-site Laundry
- ☐ Patio

Utilities Included
Sewer / Water / Refuse

Tenant Paid Utilities
Electric / Phone / Cable



HAWLEY CENTER NEWS

Well, another month has gone by. And still we haven't had the pleasure of warm Spring weather. I'm looking forward to all the seasonal activities that are certainly coming our way. Let's take a look at some of them. In May we

celebrate Mothers Day. Did you know that President Woodrow Wilson proclaimed May 9th 1914 the first Mothers Day and asked the public to give thanks to all their mothers. We also celebrate Memorial Day on Monday May 28th in remembrance of our American soldiers who died in military service. (all centers will be closed that day.) The first Official Memorial Day was put into effect on May 30th 1868 by Commander Chief John A. Logan of the grand Army of the Republic.

On May 4th to commemorate Cinco de Mayo, we will have the musical talents of Double Shot to entertain us. Bring a friend or two and join us for a day of good food, music and fun. We will be having our Mothers Day dinner on May 11th and also celebrating Kentucky Derby Day. Wear your Kentucky derby hat and the most elaborate ones will win a prize. Make sure to check out our numerous flyers that are posted around the center. On Tuesday May 29th we will have a Free day here at the center which consist of one free meal and free transportation for any senior who has not visited the center before. Please call ahead of time to make your reservation.

Our last hurrah for the month will be on Friday May 25th to observe Memorial Day. We'll have our old friend Andy Anderson here to entertain us. It will be nice to see him again.

I hope that all our Volunteers enjoyed their day of appreciation. We had a good meal prepared for us by the Park Street staff. We want to give them a BIG THANK YOU, as well as, Becky Klepadlo. Becky put this all together with numerous staff pitching in. Of course, thank you to our wonderful County for supplying the money so we could have this delightful time. To all of our Volunteers THANK YOU. What a wonderful day.

We just recently had a Gentleman donate a musical organ to the center. When he gets settled into his new home here in PA he plans to join us and set a day aside to come in and play for us. We can join him with sing-a-longs, dancing and enjoy good old fashion music.

Italian Day was fantastic. Over 35 people attended and enjoyed Italian music performed by The Duo of Roger and Joe. We sang, danced and had fun listening to some old Italian favorites. What talented players.

We had the pleasure of listening to Steve Faubel play the piano for us at our Easter dinner. We had a nice crowd that day.



Our May Birthdays are; Helene Burgess, Harry Joswick, Joanie Russo, Brenda Annable, Cathy Burton, Joan Tartas, Joanne Anderson, Louis Baker, Phyllis McInerney and Kathleen Nied. May you have a very Happy and Healthy day.



“Love, Lies and the Lottery”

Rainbow Comedy Playhouse
Paradise, PA
Thursday August 30

We are off to Amish country for a day full of laughs and good food. After a filling, *Lancaster style* buffet lunch the laughs begin with the play “Love, Lies and the Lottery.” Picture this if you will: one winning lottery ticket, five people who think they own it, and the darn thing has gone missing... or has it? After the show (weather permitting) we head to **Kitchen Kettle** for a little shopping and a bite to eat before heading home.

Call Marie at 570-253-5540 or Debbie at 570-630-2385 to reserve your seat on the bus.

Depart:

Honesdale McDonald's @ 7:00am
Hawley Center @ 7:30am
Hamlin Center @ 8:00am

Arrive Home:

Honesdale @ 9:30pm
Hawley @ 9:00pm
Hamlin @ 8:30pm

*Money needs to be in by Friday, August 10th.

*Make checks payable to: Wayne County Aging.

*Cancellation Policy: Money refunded only if your seat can be filled.
No refunds for any reason after August 10th.



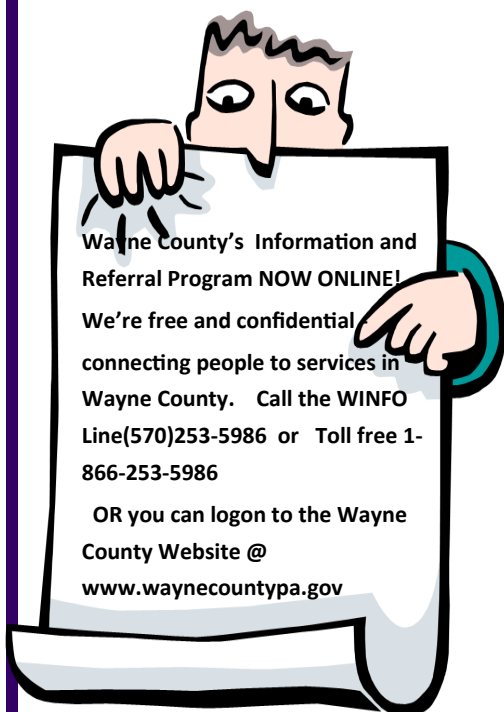
License and ID Card Holders Can Save Lives Through Organ Donation

Harrisburg, PA – In conjunction with the national observance of Donate Life Month in April, the Pennsylvania Department of Transportation is advising Pennsylvanians that driver's license and identification (ID) card holders can easily help another person live a fuller, longer life by registering as an organ donor.

“Potential donors considering adding the organ donor designation to their driver's license or ID card do not have to wait for their renewal notices to take action,” said PennDOT Secretary Leslie S. Richards. “Making the decision today to become an organ donor can potentially lead to saving a life.”

To add the organ donor designation to an existing driver's license or ID card today, visit www.dmv.pa.gov and select the “Donate Life Pennsylvania” icon in the middle column of the page. Once the designation is added, individuals will receive a designation card that they must carry with them to affirm organ donor status until they renew or replace their driver's license or ID card. There is no charge for adding the designation to your driver's license or ID card. More information on organ and tissue donation in Pennsylvania can be found at www.donatelife-pa.org.





Production Coordinator: Kathy Robbins

Menu Coordinator: Joanne Pesota

Editor: Kathleen Chicoski kchicoski@waynecountypa.gov

Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax / end of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign

Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

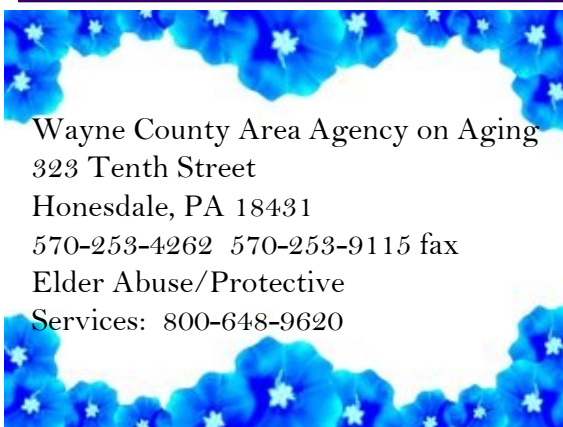
Waymart satellite @ St. Mary's Rectory at 262 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative: Honesdale 314-10th Street, 9-4, Monday through Friday. For more info please call: 570-253-



The Wayne County Adult Day Service is open Monday - Friday. To contact the center please call: 570-390-7388 in Hawley or 570-346-7860 in Scranton.



Wayne County Area Agency on Aging
323 Tenth Street
Honesdale, PA 18431
570-253-4262 570-253-9115 fax
Elder Abuse/Protective
Services: 800-648-9620

“A cheerful heart is good medicine”

Proverbs 17:22

